



Cross Country – Fall Season Starting September 6th

The Saint John Track Club offers a fall program running 6 weeks from September 5th to October 10th



Ages 7-10+/- A variation on our Run Jump Throw program with more emphasis on running to gear towards the Cross-Country Season.

Ages 11+ A Cross Country training program geared for a range of ages. Open to anyone wanting to compete in school, provincial or regional cross-country competition.

For athletes wanting to compete in Atlantic or National Cross-Country competitions schedules will be provided opportunity to extend your training to those events.

<u>Day / Time</u>	<u>Location</u>
Monday & Wednesday 5:30-6:30 pm	Lily Lake – Meet at the Lily Lake Pavilion where we will use the many trails and hills of Rockwood Park as our training site.

Online Registration below: Registration will close on September 15th

Registration must be done online at www.SJTC.ca

ANB fees cover fall 2019 fees including cross country, indoor track & outdoor track.

PROGRAM / ATHLETE GROUP FEES	Club Fee Per Season	Annual ANB (If not already paid)
All Ages	\$60	\$50

For more info contact:

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